

GERMAN PANCAKES

Taken from What's Cooking America

<p>Small Pancake - Makes 2 servings:</p> <p>3 eggs, room temperature 1/2 cup milk, room temperature 1/2 cup sifted bread flour or all-purpose flour* 1/8 teaspoon pure vanilla extract 1/8 teaspoon ground cinnamon 7 teaspoons butter Freshly-squeezed lemon juice Powdered (confectioner's) sugar</p> <p>* Bread flour is a high-protein flour. The high protein helps the pancake rise. All-purpose flour may be substituted but the results won't be as spectacular.</p> <p>I used my 10-inch cast iron skillet for this batch</p>	<p>Medium Pancake - Makes 4 servings:</p> <p>6 eggs, room temperature 1 cup milk, room temperature 1 cup sifted bread flour or all-purpose flour* 1/4 teaspoon pure vanilla extract 1/4 teaspoon ground cinnamon 5 tablespoons butter Freshly-squeezed lemon juice Powdered (confectioners') sugar</p> <p>* Bread flour is a high-protein flour. The high protein helps the pancake rise. All-purpose flour may be substituted but the results won't be as spectacular.</p> <p>I used my 10-inch cast iron skillet for this batch.</p>	<p>Large Pancake - Makes 6 servings:</p> <p>9 eggs, room temperature 1 1/2 cups milk, room temperature 1 1/2 cups sifted bread flour or all-purpose flour* 1/2 teaspoon pure vanilla extract 1/2 teaspoon ground cinnamon 8 (1/2 cup) tablespoons butter Freshly-squeezed lemon juice Powdered (confectioners') sugar</p> <p>* Bread flour is a high-protein flour. The high protein helps the pancake rise. All-purpose flour may be substituted but the results won't be as spectacular.</p> <p>I used my 12-inch cast iron skillet for this batch.</p>
--	--	---

Yields: 2 to 6 servings (depending on above recipe used)

Prep time: 15 min

Cook time: 20 to 25 min

Instructions:

1. Preheat oven to 450 degrees F.

NOTE: It is very important that you preheat your oven. Place oven rack on the middle rack of your oven. Place a large, heavy ovenproof frying pan or a cast iron skillet (I like to use my cast-iron pans skillets), in the oven until hot and sizzling. While pan is heating, prepare your batter.

NOTE: Use a shallow pan, not more than 3 inches deep (pie pans, cast iron skillets, oven-proof fry pans, baking dishes, paella pans). Like I said before, I prefer using a cast iron skillet or pan because it acts as a heat reservoir, retaining the heat and distributing it evenly.

2. In a large bowl or blender, beat the eggs until light and frothy; add milk, flour, vanilla extract, and cinnamon; beat for 5 minutes more. The batter will be thin, but very smooth and creamy. You can also use your blender or Vitamixer.

Using pot holders (I use the wonderful Ove Gloves), remove the hot skillet from the oven; add the butter; tilting the pan to melt the butter and coat the skillet.

3. Pour the prepared batter into the hot skillet, all at once, and immediately return the skillet to the oven.

I never remove the hot skillet from the oven, but just pull out my oven rack.

4. Bake approximately 20 to 25 minutes or until puffed and golden brown (bake until the pancake puffs up around the edges - it may puff irregularly in the center. The timing will also depend on the size of your pan or skillet. (My pancake only took about 15 minutes).

5. Carefully remove the pancake from the oven and serve immediately. Either bring the pancake to the table in its pan or slide it onto a serving plate. Once out of the oven, the pancake will begin to deflate. I normally serve in the pan it was cooked in.

6. To serve, cut into serving-size wedges and transfer to individual serving plates. Top with your favorite topping and serve immediately.

For a classic German Pancake/Dutch Baby, sprinkle with freshly squeezed lemon juice, and dust the top with powdered sugar. See other Topping Ideas below.

Topping Ideas:

- Sifted powdered (confectioners) sugar
- Butter
- Fresh applesauce with a dash of cinnamon
- Crushed pineapple, drained
- Whipped cream and sliced fresh strawberries
- Syrups (maple, your favorite fruit syrup, or honey)
- Canned pie filling, cold or warm